I claim:

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1. A pad for placement between a pipe and a surface supporting the pipe, comprising:

a main body, with a profile shape in a plane transverse to its primary axis comprising a convex top and a substantially flat bottom, said convex top being closed and said flat bottom being open, and wherein said main body comprises a lattice internal structure comprising a plurality of ribs oriented substantially vertically when said bottom is substantially horizontal, said ribs running from said bottom to said top,

wherein said main body is formed of a plastic material via injection molding.

- 2. The pad of Claim 1, wherein said plastic material is glass fiber filled polyurethane.
- The pad of Claim 1, wherein said plastic material is glass fiber filled nylon.
 - 4. The pad of Claim 1, wherein said plastic material is rubber filled polypropylene comprising 25% rubber/75% polypropylene by volume.
 - 5. The pad of Claim 1, further comprising dovetails on each end of said main body, one of said dovetails having a male profile and the other of said dovetails having a female profile.
 - 6. The pad of Claim 5, wherein said plastic material is glass fiber filled polyurethane.
 - 7. The pad of Claim 5, wherein said plastic material is glass fiber filled nylon.
 - 8. The pad of Claim 5, wherein said plastic material is rubber filled polypropylene comprising 25% rubber/75% polypropylene by volume.
- 20 9. The pad of Claim 1, wherein said main body is elongated, and said primary axis is in the direction of elongation.

- 10. The pad of Claim 9, further comprising dovetails on each end of said main body, one of said dovetails having a male profile and the other of said dovetails having a female profile.
- 11. An injection molded plastic pad for placement between a pipe and a surface supporting the pipe, comprising:

an elongated main body comprising a lattice internal structure, said lattice comprising a plurality of ribs disposed substantially parallel to the direction of the force applied by a pipe being supported, said elongated main body having a convex, closed top surface covering an upper end of said ribs, a lower end of said ribs terminating at a common distance thereby forming an open, substantially flat bottom,

wherein said pad further comprises dovetails on each end of said main body, one of said dovetails having a male profile and the other of said dovetails having a female profile.

- 12. The pad of Claim 11, wherein said plastic material is glass fiber filled polyurethane.
- 13. The pad of Claim 11, wherein said plastic material is glass fiber filled nylon.
 - 14. The pad of Claim 11, wherein said plastic material is rubber filled polypropylene comprising 25% rubber/75% polypropylene by volume.
 - 15. A pad for placement between equipment and its support, comprising:

a main body, with a profile shape in a plane transverse to its primary axis comprising a convex top and a substantially flat bottom, said convex top being closed and said flat bottom being open, and wherein said main body comprises a lattice internal

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structure comprising a plurality of ribs oriented substantially vertically when said bottom is substantially horizontal, said ribs running from said bottom to said top,

wherein said main body is formed of a plastic material via injection molding.

- 16. The pad of Claim 15, wherein said plastic material is glass fiber filled polyurethane.
- 5 17. The pad of Claim 15, wherein said plastic material is glass fiber filled nylon.
 - 18. The pad of Claim 15, wherein said plastic material is rubber filled polypropylene comprising 25% rubber/75% polypropylene by volume.